

SUPERHERO BULKING PROGRAM



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**SUPERHERO
BULKING
PROGRAM**

ПРОГРАМ

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Welcome to the Program

First of all, I want to commend you for investing in this course! That says a lot about you and your ability to identify and connect with the truth in yourself and the truth amongst all the various sources of fitness information.

This is not a mainstream course; in fact, it is in direct paradox with much of the fitness information you will read today.

For one, we're working with a very specific goal, a goal that most people today will not be able to wrap their obtuse heads around.

You see fitness has become an interesting phenomenon. Ultimately we're trying to fit into different camps. Maybe it's Crossfit, bodybuilding, powerlifting, strongman or training for a specific athletic sport.

Unfortunately, today, none of these specific practices serve our underlying goals. And this is why I created Kinobody.com.

It's not about fitting into the mold. It's about breaking free of the mold and cutting through all of the nonsense.

It's about getting in touch with exactly why we're training in the first place. Once you recognize that powerful motivator, you soon realize that no training system really fits with your goals.

In this course, I will be teaching you how to build your physique and reach superhero status.

This is not about bench-pressing as much weight as possible, winning the Crossfit Olympics or striving for the ridiculous bodybuilding standards of what looks good.

Instead, this is about connecting with our inner drives and motivations.

We've all grown up idolizing superheroes. There's something so incredible about the physical capability and physical aesthetics of a superhero.

And that's precisely why we're blown away when we see actors with normal bodies completely transform their physique to play superheroes'.

Henry Cavill, Chris Hemsworth, Chris Evans, Christian Bale, Hugh Jackman....

The list goes on.

What This Course Is All About

This course is about turning your body into a modern day superhero through optimizing your physique development in a way that no other course has ever done before.

You see most effective muscle building courses today don't understand the importance of proportion and definition.

They completely miss the boat on that. They're all about numbers! They want to see someone go from weighing 160 lbs to 200 lbs.

After all, that's what sounds cool and looks good on paper.

To most muscle building authorities it's about building mass and they'll get it the best and fastest way they can: through compulsive overfeeding and excessive growth to the legs and butt.

Well that's great if all you care about is the total amount of muscle mass you're carrying. But if ratios, proportion and definition mean anything to you... then this is going to destroy your chance at building the superhero physique.

Bodybuilding Is Not The Answer

I know what you're thinking...

"But Greg, what about bodybuilders?"

They have to get lean for competition and they get judged on proportion, symmetry and all that jazz.

Well let me answer your question with another question:

How many women do you see drooling over the bodies of competitive bodybuilders?

Nothing to take away from the sport and dedication that goes into bodybuilding, but following a bodybuilding protocol is a disservice to OUR goals. You can't argue with that.

Bodybuilders generally spend most of the year in a bulky state. And when they're not overweight, they're miserable dieting for long periods of time to get ripped on stage.

And let's not forget the end result of a stage ready bodybuilder: it's completely overdone and has little appeal to anyone except the people that are bought into the culture of bodybuilding.

“Superhero Bulking”

With “superhero bulking” we’re training with a clear identifiable goal in mind.

It’s not for maximum muscle growth; it’s to optimize your physique into a modern day superhero.

This is the type of body that women ultimately crave and the type of physique that guys respect and admire. Achieving this balance of respect and sex appeal is very hard to do; getting lean and ripped isn’t enough and getting huge does not look good!

It’s about building the physique of a modern day superhero.

This means that the workouts and nutrition protocols are designed to bring your body closer to superhero status.

Building muscle while staying lean is half the equation but it’s not everything. We also must ensure that we maximize muscle growth in the key areas. These include the upper chest and shoulders. These are the muscle groups that tend to be lacking on most lifters.

But we’ll be ensuring adequate muscle growth across your entire body and over the course of 8 months your physique will be absolutely transformed.

And the fact that we need to hold this muscle development while maintaining low levels of body fat means that we have our hands full.

It's easy to get a bunch of muscle if you're willing to accept little to no definition. But when you must maintain a taut waist and chiseled abs then it becomes a whole other ballgame.

Superhero Muscle Growth

We'll be utilizing and combining two of the most effective training styles known to man!

First we'll use **reverse pyramid training to trigger massive strength and muscle gain**. This will build the size of the muscle fibers and add solid dense muscle to your physique.

We'll also be using **rest pause training to trigger volume-based growth**. This will train your muscles to hold more fluid and glycogen so they are full and rounded for the superhero look.

The combination of these two training styles is at the core of the superhero training. As for nutrition, well we'll be using intermittent fasting and strategic surplus days and

deficit days to make building muscle while staying lean a breeze.

Adjusting the Traditional Greek God Routine

In my original Kinobody muscle-building course (the Greek God Program), it involved using a two workout split and focusing predominately on key movements.

This is an extremely effective protocol for building strength rapidly on your key lifts and adding dense muscle size.

However, to maximize muscle growth and work towards the superhero physique, we need to make a few changes.

For one, we'll need to graduate from the two-day split. Now, the two-day split is the most effective way to progress on your core movements...

That said, when you're focusing on the superhero physique, it's not about gaining strength as fast as possible. We want to milk as much muscle growth as possible out of your strength gains.

This means we'll be increasing the volume and adding more exercises to our arsenal.

This ensures that we're stimulating your muscles with enough intensity, volume and variety to trigger a maximal rate of muscle gains.

Moreover, this strategy works extraordinarily well for guys who are already significantly stronger than they look. They're not going to experience much more strength gains until they add the muscle to go with it.

The superhero protocol gets the job done!

Adding Muscle Becomes Very Tricky

Now I must admit, adding muscle at these advanced stages can be very tricky and progress is slow. To maximize physique changes, we'll be doing a form of specialization that is down right better than anything I've ever done before.

Essentially we'll be hitting every muscle group directly once per week. This will allow for plenty of recovery, while still allowing for slow and steady strength and muscle gains.

On the specialized muscle we'll be hitting it twice per week, once really hard and once again, but with different exercises and with lighter weights and higher reps.

This is the only way to effectively train the same muscle twice per week when you're at the advanced stage.

If you try to go really heavy and use the same exercises twice per week then you'll quickly plateau.

By using different movements and changing up the volume and intensity, you'll keep your body progressing throughout the advanced stages of muscle building.

Superhero Specialization Phases

There will be three different phases for the superhero specialization program, plus a bonus stage.

1. Chest & Back Specialization
2. Shoulder Specialization
3. Arm Specialization
4. Bonus

Step One

The first step is to add size to your chest and back. This will make the greatest impact to your physique. This is because the chest and back are the biggest muscle groups in the upper-body. By focusing on these muscle groups you will notice a great improvement in the sheer size of your physique.

Step Two

The next step will be focusing on developing big rounded deltoids. Having great shoulders instantly separates you from almost every other lifter in your gym. It's very rare to see fully developed shoulders on a natural lifter these days. The shoulder specialization program has been over a year of fine-tuning to allow for downright inspiring shoulder development.

Step Three

In step three, we'll be bringing up the arms. For some people, big rock-hard arms come easy, but for most of us, this is not the case. I've developed a program that will allow for consistent increases in the size and development of your arms. After two months of this program your arms will be rock hard and powerful.

Step Four (Bonus)

The bonus stage will allow for total body explosive muscle growth. Instead of specializing hard on one to two muscle groups, we'll be prioritizing your entire physique. Each muscle group will be getting hit hard with reverse pyramid training and rest pause training.

After a few weeks of this bonus phase, you will look at your absolute best physique wise! Your entire body will become significantly more tight, muscular and thick. You'll also look leaner and better than ever before. This is an extremely important phase to tie everything together.

Eight weeks of this bonus stage will take your physique to new heights. After which, I recommend going back to one of the first three phases. Ideally going with the phase that best suits your needs. For example after finishing all four phases, if your shoulders were still lagging then you'd go back to Phase Two (Shoulder Phase).

Keep In Mind

Now keep in mind, we'll be strengthening and building your entire body during each of these phases. The difference is that the specific targeted muscle groups will be experiencing accelerated muscle growth.

Each phase will last 8 weeks in duration, after the 8 weeks are up, you will shift into the next phase. Therefore this is an 8 month long superhero muscle building program. In that time you should be able to add 12-16 lbs of clean muscle onto your frame.

This is incredible muscle growth for advanced lifters. This type of muscle gain will take you from looking pretty muscular to looking like a modern day superhero.

Superhero Training: RPT + Rest Pause

For consistent, powerful strength and muscle gains, we'll be stacking reverse pyramid training with rest pause training. We'll be using reverse pyramid training for every muscle group. This is the most effective way to make steady long-term strength and muscle gains.

(I cover Reverse Pyramid Training extensively in the Superhero Bulking: Bonus Module.)

Now on the specialized muscle groups we'll be adding in some strategic rest pause training once per week to accelerate muscle growth.

Rest Pause Training

One of the primary reasons why lifting heavy and taking long rest periods is the most effective way to build muscle is because it results in a high level of muscle fiber recruitment.

So if you're lifting at your absolute 5-8-rep max, you're likely using a near maximum amount of your muscle fibers for each and every rep.

When you're training with lighter weights and performing higher reps, you only come close to full muscle fiber recruitment on those last really tough reps. Therefore you have to do several sets with a lightweight to trigger adequate muscle gains.

For example, if you did 5 sets of 10 reps with 60 seconds rest then you've done 50 reps total, but probably only 15 of those reps really counted.

Fortunately for us, there's a loophole to get full muscle fiber recruitment with lightweight pump training. The answer my friend is rest pause training.

Enter Rest Pause Training

The premise of rest pause training is simple. You want to pick a weight you can do for 12-15 reps before hitting complete muscle failure. This is your activation set. During the last few really tough reps of the movement, you'll start to use maximum muscle fiber recruitment.

It's only when you're using the maximum number of muscle fibers, that you're able to trigger the most amount of muscle growth.

After you finish your activation set, you'll maintain this state for up to 20-30 seconds or so. Meaning that if you take a short 15-20 second break and then pump out a few

more reps, you'll still be using maximum muscle fiber recruitment.

If you do 4 of these mini sets, you'll be getting the same benefit as if you did 5 full sets, but with much less work and in much less time.

This allows you to get rid of all of the unessential and train with greater and more focused intensity.

This rest pause training works hand in hand with reverse pyramid training to build maximum muscle growth.

Putting It Into Action

- 1) Activation Set: 12-15 reps
- 2) Rest 15-20 seconds and perform 3-5 reps
- 3) Rest 15-20 seconds and perform 3-5 reps
- 4) Rest 15-20 seconds and perform 3-5 reps
- 5) Rest 15-20 seconds and perform 3-5 reps

Rest Pause Progression

You want to build up to doing 15 reps on your first set and 4 additional sets for 5 reps with 20 seconds or less rest between sets.

Once you have accomplished that you should increase the weight and start back down at 12 reps + 4 sets of 3-4 reps.

Due to the nature of this technique, don't worry too much about increasing the weight all the time. Only increase the weight when you're able to dominate that rest pause set with 15 reps on your activation set and mini sets of 5 reps.

Don't forget, you're using the same weight for the activation set as the mini sets.

So don't increase the weight because we're dropping the number of reps performed on the mini sets. The short rest periods will only allow you to perform $\frac{1}{4}$ to $\frac{1}{3}$ of the reps on your activation set.

Superhero Legs

For the Superhero physique, we are after well developed, proportionate and sleek looking legs, legs that complement our upper bodies without overpowering them.

Legs that're athletic and agile, not bulky and cumbersome. And of course, legs that look fantastic.

If we build up our legs too much (this is actually quite easy to do), they will look shorter and stumpier. We'll have the inevitable thigh chafe and an excessive feminine sweep along the outside of our quads. Worst of all, we'll be forced to rock awful looking baggy pants.

So the question becomes, how can we develop legs that look outstanding, are highly versatile and downright athletic?

The key is to focus hard on adding muscle in two key areas – the vastus medialis obliquus (the tear drop shaped muscle just above the inside of the knee, referred to as the VMO) and the calves.

Why is this?

Well, most people have enough base muscle size on their legs and butt from squatting and deadlifting. The two areas that tend to lag behind are the VMO and calves.

When these two muscle groups are adequately developed it gives your legs a longer, sleeker and more proportionate look.

Big upper thigh's and glutes with little muscle on the bottom of the thigh's and calves causes your legs to look short and stumpy. This absolutely kills aesthetics. If you look at images of superhero's with killer aesthetics, you'll notice they have very proportionate thigh's, from the knees to the hips.

Superhero legs look sleek, athletic and long. This also makes you appear taller than you actually are.

The Key to Superhero Leg Training

The key to superhero leg training is to focus hard on single leg squats (Pistol Squats and Bulgarian Split Squats). These movements hit the lower-body beautifully.

Due to the nature of single leg movements, you work the lower thigh muscle (VMO), very hard. You also promote knee stability and balance. In addition, I recommend performing leg extensions with the toes pointed out at the top to really build the VMO.

To keep the lower-body balanced, I encourage the use of Romanian deadlifts. This exercise will build the posterior chain – hamstrings, glutes and low back – keeping your body very balanced.

I don't recommend overdoing the hamstring or glute work, as adding too much muscle in these places doesn't look good. Your butt can stick out excessively and your hamstrings can chafe together.

If you're at the point where you need to deliberately keep your legs slimmer, then just do the single leg work, leg extensions and perform rack deadlifts instead of Romanian deadlifts.

For rack deads, I like to set the barbell about one inch below my knees. This movement builds a very strong low back without adding much size to the hamstring or glutes.

Don't Forget The Calves

Your calves can never get too big! In fact, when most people think someone has chicken legs, nine times out of ten, they're referring to skinny calves, regardless of how big their thigh's are.

In fact, if you avoid adding excess size to your thigh's people may even think your legs look more muscular.

This is because having huge thigh's will dwarf your lower leg development.

It's your lower leg that is always up for showcase. So this is what most people look at to evaluate your lower-body.

I definitely encourage the use of calf raises to add some quality muscle to your calves and to keep your body proportionate.

Calves are a really stubborn muscle group and most of their size is genetic. That said, you can definitely add a solid inch or two with proper training.

This extra size will work wonders to your aesthetics. Provided that you don't overdevelop your thigh's or glutes, your lower-body will look balanced and proportionate.

The key to building the calves is to utilize a high amount of volume and fatigue. This is what the calves seem to respond to best.

I like to do rest pause calf raises on my lower-body day. Be careful the first time doing this because extremely sore calves are no laughing matter.

Phase One: Chest & Back Specialization

Duration – 8 weeks

Monday – Shoulder and Back Emphasis

- Weighted Pull-ups: 3 sets - 4-6, 6-8, 8-10 (RPT)
- Standing Barbell Press: 3 sets - 4-6, 6-8, 8-10 (RPT)
- Bent Over DB Rows: 3 sets - 4-6, 6-8, 8-10 (RPT)
- Incline DB Flyes: 12-15 reps + 4 sets of 3-5 reps (rest pause)
- Lateral Raises: 3 sets x 10-15 reps (straight sets)

Wednesday – Lowerbody and Abs

- Squats or Bulgarian split squats 3 sets - 4-6, 6-8, 8-10 (RPT)
- Romanian Deadlifts: 3 sets - 6-8, 8-10, 10-12 (RPT)
- Leg Extensions: 3 sets - 8-10, 10-12, 12-15 (RPT)
- Calf Raises: 3 sets x 10-15 reps (straight sets)
- Hanging Leg Raises: 3 sets x 10-15 reps (straight sets)
- Abs Wheel Roll outs: 3 sets x 10-15 reps (straight sets)

Friday – Heavy Chest Training

- Incline Barbell Bench Press: 3 sets - 4-6, 6-8, 8-10 (RPT)
- Flat Bench Press: 3 sets - 4-6, 6-8, 8-10 (RPT)
- Cable Rows: 12-15 reps + 4 sets of 3-5 reps (rest pause)
- Incline Dumbbell Curls: 3 sets - 4-6, 6-8, 8-10 (RPT)
- Cable Rope Pushdowns: 3 sets – 6-8, 8-10, 10-12 (RPT)

Notes:

Perform 2 warm up sets for the first two exercises of each workout. With the exception of Workout A, just perform warm up sets for incline bench, nothing else.

Rest three minutes between sets for compound movements and 2 minute between sets for isolation movements (arms, lateral raises, bent over flies, leg extensions, calves and abs).

For RPT you will perform your heaviest set first then reduce the weight by approximately 10% on each one of your subsequent sets.

Increase the weight by 5 lbs on all sets when you can do the top end of the rep range for all of your sets.

The Thinking

When it comes to building a phenomenally developed chest, it's a matter of getting strong on core chest movements – bench pressing and incline pressing.

To accelerate muscle growth on the chest, adding some rest pause flyes helps to fill in the gap and bring in more size.

On this routine you'll be blasting your chest on Friday with three sets of heavy benching and three sets of heavy inclining. The chest responds really well to heavy weight and longer rest periods.

On Monday, you'll be indirectly working the chest from standing presses; this will provide you with some extra upper chest work.

In addition, you'll also be destroying the chest with incline dumbbell flyes, rest pause style. This is very effective at triggering sarcoplasmic muscle gains and adding more size and volume to the chest.

I recommend using a modest angle with the incline bench - don't go too steep (30 degrees is perfect).

Now we'll be hammering your upper back very hard on Monday. Weighted pull-ups on their own are enough to

build an incredible back. This will really engage the lats and when you're working your way up to heavy weighted pull-ups your back will be phenomenal.

As well, we'll be getting some heavy row work with bent over dumbbell rows. This will bring in more mid back development and will help with adding thickness.

To maximize muscle growth on Friday we'll be destroying your back with rest pause cable rows. This will trigger some serious muscle growth.

This routine will also help develop your shoulders and arms.

The legs will also get some solid work too... So expect to gain muscle everywhere with the greatest increase on chest and back, followed by shoulders and arms and legs.

The Shoulder Focused Routine

Monday – Heavy Chest Training

- Incline Barbell Press: 2 sets – 4-6, 6-8 (RPT)
- Flat Barbell Bench Press: 2 sets – 4-6, 6-8 (RPT)
- Incline Dumbbell Curls: 3 sets – 4-6, 6-8, 8-10 (RPT)
- Cable Rope Pushdowns: 3 sets – 6-8, 8-10, 10-12 (RPT)
- Wide grip upright row: 4 sets – 12, 10, 8, 6 (standard pyramid)
- Face Pulls: 12-15 reps + 4 sets of 3-5 reps (rest pause)

Wednesday – Lowerbody and Abs

- Bulgarian Split Squats: 3 sets – 6-8, 8-10, 10-12 (RPT)
- Romanian Deadlifts: 3 sets - 6-8, 8-10, 10-12 (RPT)
- Leg Extensions: 3 sets – 8-10, 10-12, 12-15 (RPT)
- Calf Raises: 3 sets x 10-15 reps (straight sets)
- Hanging Leg Raises: 3 sets x 10-15 reps (straight sets)
- Abs Wheel Roll outs: 3 sets x 10-15 reps (straight sets)

Friday – Shoulder and Back Emphasis

- Standing Barbell Press: 3 sets - 4-6, 6-8, 8-10 (RPT)
- Weighted Pull-ups: 3 sets - 4-6, 6-8, 8-10 (RPT)
- Weighted Dips: 2 sets – 6-8, 8-10 (RPT)
- Cable Rows: 2 sets - 6-8, 8-10 (RPT)
- Lateral Raises: 12-15 reps + 4 sets of 3-5 rep (rest pause)

Notes:

Perform 2 warm up sets for the first two exercises of each workout. With the exception of Workout A, just perform warm up sets for incline bench, nothing else.

Rest three minutes between sets for compound movements and 2 minute between sets for isolation movements.

For RPT you will perform your heaviest set first then reduce the weight by approximately 10% on your subsequent sets.

Increase the weight by 5 lbs on all sets when you can do the top end of the rep range for all of your sets.

For standard pyramid training you will select a weight you can do for 12 reps. Perform 12 reps, 10 reps, 8 reps and 6

reps with the same weight. Take 30-60 seconds rest between sets. Use the same weight for all 4 sets.

When you can do all four sets with 30 seconds of rest between sets then increase the weight the following workout and work down to only 30 seconds of rest between sets.

The Thinking

If there's one thing that is my specialty, it's building phenomenal, rounded shoulders. This has been one of my main quests in my muscle-building journey because frankly, great delts are a rarity amongst natural lifters.

It's really a shame. Sculpted, fully developed shoulders are what give your physique a downright masculine and fully aesthetic look. Without these powerful shoulders, you'll end up looking out of proportion.

Once I started implementing the routine that I have outlined for you, my shoulders began to just become out of control. A couple of the trainers at my gym were asking me if I was taking anything, because they've never seen such developed shoulders on a natural lifter.

I was like, "Nope, just been following a new routine."

I had cracked the code. It was nothing super complicated really. It was just a matter of getting extremely strong on overhead presses and then stacking that with a ton of high volume work on the lateral and rear head of the shoulders.

Here's the thing, the anterior head of the shoulder (front head), gets tons of work. Just by getting really strong on pressing movements, you'll build the heck out of this muscle group. Unfortunately, the lateral head often misses out on the fun.

The lateral head is so vital to your shoulder development because it's what contributes to the rounded capped look. As well, from a front angle, it will make your shoulders look profoundly impressive.

To really hit the lateral head to any significant degree, you must incorporate plenty of lateral raises and wide grip upright rows into your routine. Even face pulls will work the lateral head pretty hard, as well as the rear head.

With the shoulder routine we're using standard pyramid training and rest pause training to get the maximum muscle growth on this little muscle. The lateral head really responds very nicely to this style of training. You should notice a striking difference within the first 2-4 weeks of this routine.

The Arm Focused Routine

Monday – Heavy Chest Training

- Incline Barbell Press: 2 sets – 4-6, 6-8 (RPT)
- Flat Barbell Bench Press: 2 sets – 4-6, 6-8 (RPT)
- Cable Curls: 12-15 reps + 4 sets of 3-5 reps (rest pause)
- Cable Rope Pushdowns: 12-15 reps + 4 sets of 3-5 reps (rest pause)
- Bent Over Flyes: 3 sets x 10-15 reps (straight sets)

Wednesday – Lowerbody and Abs

- Squats or Pistol Squats: 3 sets - 4-6, 6-8, 8-10 (RPT)
- Romanian Deadlifts: 3 sets - 6-8, 8-10, 10-12 (RPT)
- Calf Raises: 3 sets x 10-15 reps (straight sets)
- Hanging Leg Raises: 3 sets x 10-15 reps (straight sets)
- Abs Wheel Roll outs: 3 sets x 10-15 reps (straight sets)

Friday – Shoulder and Back Emphasis

- Standing Barbell Press: 2 sets - 4-6, 6-8, 8-10 (RPT)
- Weighted Pull-ups: 2 sets - 4-6, 6-8, 8-10 (RPT)
- Skull Crushers: 3 sets – 6-8, 8-10, 10-12 (RPT)

- Barbell Curls: 3 sets – 4-6, 6-8, 8-10 (RPT)
- Hammer Curls: 3 sets – 4-6, 6-8, 8-10 (RPT)
- Lateral Raises: 3 sets x 10-15 reps (straight sets)

Notes:

Perform 2 warm up sets for the first two exercises of each workout. With the exception of Workout A, just perform warm up sets for incline bench, nothing else.

Rest three minutes between sets for compound movements and 2 minute between sets for isolation movements (arms, lateral raises, bent over flyes, calves and abs).

For RPT you will perform your heaviest set first then reduce the weight by approximately 10% on your subsequent sets.

Increase the weight by 5 lbs on all sets when you can do the top end of the rep range for all of your sets.

The Thinking

Building a great set of arms is a long and slow road. This is generally why it's more common to see big arms on veteran lifters that have been training for many years. There are some young guys that are super fast responders to arm training, but this isn't very common.

Moreover, reaching great sized arms can be difficult when you maintain a very lean physique. This is because a higher body fat percentage lends itself to bigger arms. Being super cut up with crazy arm development is extremely difficult to achieve.

This routine works gangbusters though and has allowed me to pack high quality size onto my arms with great consistency. For arm training, heavy, hard and frequent type training works best. This is why I love hammering arms two days per week, Once with heavy reverse pyramid training and once again with some rest pause work.

The heavy RPT work will build up the dense muscle size and will promote most of the muscle you will carry. The rest pause work will add that extra bit of fluid and glycogen to make your arms really pop.

The Superhero Bonus Phase

Monday - Chest & Biceps

- Flat Barbell Bench Press – 3 sets - 4-6, 6-8, 8-10 (RPT)
- Incline Barbell Bench – 3 sets - 4-6, 6-8, 8-10 (RPT)
- Barbell Curls – 3 sets - 4-6, 6-8, 8-10 (RPT)
- Low Incline Flyes – Rest Pause (12-15 reps + 4 sets of 3-5 reps)
- Cable Rope Curls – Rest Pause (12-15 reps + 4 sets of 3-5 reps)
- Bent Over Flyes – Rest Pause (12-15 reps + 4 sets of 3-5 reps)

Wednesday - Legs & Abs

- Squats – 3 sets - 4-6, 6-8, 8-10 (RPT)
- Romanian Deadlifts – 3 sets - 4-6, 6-8, 8-10 (RPT)
- Leg Extensions – (12-15 reps + 4 sets of 3-5 reps)
- Calf Raises – (12-15 reps + 4 sets of 3-5 reps)
Hanging Leg Raises: (12-15 reps + 4 sets of 3-5 reps)
- Abs Wheel Roll outs: (12-15 reps + 4 sets of 3-5 reps)

Friday - Shoulders, Back & Triceps

- Standing Barbell Press – 3 sets - 4-6, 6-8, 8-10 (RPT)
- Weighted Pull ups – 3 sets - 4-6, 6-8, 8-10 (RPT)
- Skull Crushers – 3 sets - 4-6, 6-8, 8-10 (RPT)
- Lateral Raises – (12-15 reps + 4 sets of 3-5 reps)
- Cable Rows – (12-15 reps + 4 sets of 3-5 reps)
- Rope Extensions – (12-15 reps + 4 sets of 3-5 reps)

Notes:

On this routine we'll be incorporating reverse pyramid training and rest pause training on each and every muscle group. This will transpire into very fast and noticeable muscle gains across your entire physique.

I don't recommend doing this intensive training very long as it will be difficult to maximize strength gains when you're hitting your entire body with volume work.

For this reason, I like to around 6 months of specialization training with two months of this high volume bonus work. It will bring up your physique to new heights by tying everything together.

After finishing the bonus phase I'd recommend going back to the specialization phase that best corresponds with your physique development. Meaning if you're

lacking size on your shoulders then you'd do the shoulder phase. If you're lacking size on your chest or back then you'd do the chest and back phase... ect.

This method will allow you to tailor the program to fit your individual needs. Achieving the superhero physique will be a slightly different road for each and every one of you. You must follow the path that best addresses your individual needs.

This is not a cookie cutter approach. Sure, the first 8 months will be very similar, but afterwards it will require customization.

Superhero Physique Standards

First off, I will say, these measurements and ratio's are not 100% set in stone.

However, they are a guideline to see how you are improving your physique and the proportion, strengths and weaknesses that you possess.

For example, if your arms are at superhero status, but your chest and shoulders have a long way to go then that means you need to focus mostly on the chest/back phase

and the shoulder phase. (The back plays a huge role in the chest and shoulder measurement).

Contrarily, if you have the size in your chest and shoulders, but fall short in the arm measurement then that means you should focus mostly on the arm specialization program.

Moreover, this also serves to ensure that your body fat is well within range. Achieving the superhero physique isn't solely about building big, proportionate muscles. This means nothing without a slim waist and low body fat.

Therefore, if your waist is increasing and falling out of the superhero range then you need to tighten up on your nutrition and dial back on the calories.

If your waist is under the superhero range then that means you have a lot of muscle you still need to put on and you can afford to eat more calories.

Superhero Status Ratio's

- Waist – 45% of height
- Shoulders – 73.5% of height
- Chest – 63.5% of height
- Arms – 23.5% of height

Superhero Status for 5'8 Tall

- Waist - 30-31"
- Shoulders - 50-51"
Chest - 43-44"
- Arms - 16"

Superhero Status for 5'10 Tall

- Waist - 31-32" (45% of height)
- Shoulders - 51-52" (73.5% of height)
Chest - 44-45" (63.5% of height)
- Arms - 16.5" (23.5% of height)

Superhero Status for 6'0 Tall

- Waist - 32-33"
- Shoulders - 52-53"
Chest - 45-46"
- Arms - 17"

Superhero Status for 6'2 Tall

- Waist - 33-34"
- Shoulders - 53-54"
Chest - 46-47"
- Arms - 17.5"

Superhero Bulking Nutrition

It's very likely you already understand the importance of proper nutrition for building muscle. So I'm going to spare you the repetitiveness of repeating what you've been told thousands of times.

Instead, I'm going to share with you what it *actually takes* to maximize muscle growth with nutrition.

To maximize muscle growth you need to do three things:

- a) Provide your body with enough calories to support muscle gains
- b) Take in optimal amounts of protein, fats and carbs to best support muscle gains, training and hormonal health
- c) Take in optimal amounts of key vitamins and minerals to support training, recovery and health

Really, it's about eating enough calories, proteins, fats and carbs and ensuring that you're choosing vitamin and mineral rich food sources.

Here are the three steps to doing this...

Step 1 – Optimal Calories

Supporting muscle gains with optimal calorie intake is very simple. It's just a matter of meeting your energy demands and then eating slightly above that to allow for the growth of new muscle tissue. If you burn 2,500 calories per day, it will be very difficult to build muscle if you're only consuming 2,000.

With solid training and genetics you might be able to see solid muscle gains eating roughly at maintenance. However, this will be at a slower pace and you will inevitably hit plateaus.

You could consume a whopping 3,000 calories per day; however, this would lead to plenty of fat gain.

The sweet spot my friend, seems to be around 200-300 calories over maintenance. So in this instance you'd consume around 2,700-2,800 calories.

Eating above this amount will only lead to additional fat gain. This is because the amount of muscle you can build on a daily basis is very limited. Under great conditions you can gain about half a pound of muscle per week.

That ends up being roughly 180 calories over maintenance per day. This is because there's 1,250

calories in half a pound of muscle. 1,250 split up over 7 days ends up being 178 calories.

Eating 200-300 calories over maintenance will ensure you provide your body with more than enough calories to gain as much muscle as possible. You might gain some fat but it will be absolutely minimal. We'll also be doing some fat loss tactics to ensure pure muscle gain.

Step 2 – Proteins, Fats and Carbs

Here's the thing, we don't need as much protein as you think. In fact, 0.82g of protein per pound of bodyweight seems to be the maximum amount of protein required to get the greatest benefit. Eating more protein than this will not help you gain more muscle.

That said, protein rich foods are very filling and they're high in key vitamins and minerals. So I actually encourage eating about 1g per pound of goal bodyweight. Some people may prefer to go higher than this, but I've found it to be just about the sweet spot.

Fat intake should be moderate; fat is required to support hormonal functioning and plays a key role in testosterone. For this reason, I encourage getting about 30% of your total calories from fats.

Going higher than this will cut into carb intake and going lower than this may suppress testosterone. Not to mention, low fat meals taste pretty damn bland.

The biggest intake of calories will come from carbs. This is ideal because carbs have the greatest effect on insulin, which is desirable for muscle gain. As long as we have our training and calorie intake optimized, high carbs won't result in fat gain.

As well, carbs contribute to muscle glycogen, which allows for optimal training, recovery and full muscles. In addition, a high intake of carbs impacts gene expression related to muscle hypertrophy favorably.

Step 3 – Food choices

I encourage you to consume plenty of foods that are rich in vitamins and minerals. My favorite foods include: beef, chicken, salmon, whole eggs, cottage cheese, potatoes, sweet potatoes, beans, veggies and fruits.

By focusing on foods that are very rich in vitamins and minerals, you will maximize your health and muscle building potential. Being deficient in key nutrients like omega 3, calcium, zinc, magnesium, vitamin D...

You won't be functioning at peak capacity.

Bonus Muscle Building Hacks

There are two nutrition tactics I have used to experience improved lean muscle gain. These two nutrition tactics improve nutrition partitioning. This allows you to better direct calories and nutrients into your muscle stores and away from fat stores. The result is more muscle and less fat.

Intermittent Fasting

By performing a 14-16 hour fast each day, you maximize growth hormone, improve fat burning and set yourself up for lean muscle gains. This means that when you do eat, you're better able to utilize the calories for muscle building.

Keep in mind that if you're going to use intermittent fasting, you will have to be prepared to eat very big meals, otherwise you won't get the calories and protein in that you need to build muscle.

Underfeeding

By periodically eating less calories than you burn, you force yourself to burn fat. This is ideal for staying lean on

a bulk. What most people don't realize is that periodic underfeeding up regulates many anabolic receptors.

This means that when you go back to eating higher calories, the anabolic response will be huge. Moreover, you will temporarily be able to experience accelerated muscle gain.

This is an incredible strategy for staying lean while promoting maximal muscle growth.

Putting it Together

1. Consume 300 calories over maintenance per day
2. Consume 1g of protein per pound of goal bodyweight
3. Make up the rest of your calories with plenty of carbs and a moderate amount of fat
4. Emphasize vitamin/mineral rich food
5. Skip breakfast and use an 8-10 hour eating window (14-16 hour fast)
6. Perform 1-2 low calorie days per week (ideally on a rest day).

Step 1 – Predicting Maintenance

Maintenance tends to be around 14-16 calories per pound of bodyweight. If you gain weight easily use 14, if

you have a hard time gaining weight use 16 and if you're some where in between go with 15.

Let's say you're 160 lbs and you go with the 15 multiplier, then your maintenance would be around 2400 calories. You'd then add 300 calories to get your lean bulk calorie intake. In this case you would consume 2700 calories.

Step 2 – Setting Macros

If your goal bodyweight is 170 lbs then you'd consume 170g of protein per day. You'd then get the rest of your calories from lots of carbs and moderate amounts of fat. I recommend using a smart phone app like MyNetDiary or MyFitnessPal to track your calories and macronutrient intake.

In terms of percentages, you're looking at around 25-30% protein, 30% fat and 40-45% carbs. When eating at a calorie surplus this is right on the money. If you were to drop calories down then you'd want to raise protein and decrease carbs. This would ensure that you are consuming adequate protein.

In simple terms, the more calories you are consuming the higher percentage of carbs and lower percentage of protein. This is because protein intake should remain constant no matter how many calories you are

consuming. Therefore when calories go up, percentage of protein goes down.

Fat should always make up a moderate amount of your fat intake. That's why I keep fat around 30% of total calories regardless of calorie status (surplus or deficit).

Finally the less calories I'm consuming the less room I'll have for carbs and the more calories I'm consuming the more room I'll have for carbs.

Step 3 – Food Choices

You want to use plenty of nutrient rich protein sources like lean cuts of beef, salmon, chicken, eggs and cottage cheese to hit your protein numbers.

You'll then want to fill up on plenty of potatoes, sweet potatoes, rice, rice pasta, beans and fruit to get your carbs in.

Finally, you can add fats from cheeses, avocados, nuts and oils/butters to meet the rest of your fat requirements.

Note #1 - I recommend consuming a moderate amount of veggies each day, but I don't bother counting this towards my calorie intake.

Note #2 – You can fit in favorite treats like chocolate, ice cream, and cookies into your calories and macros... Just limit any type of treats to no more than 20% of your calorie intake for a specific day.

So if you were eating 2,500 calories that day, you'd want at-least 2,000 calories to come from healthy, wholesome food and the remainder can come from treats. I occasionally incorporate treats into my diet.

These treats count towards your calorie and macro intake for that day. Frozen yogurt ice cream with chocolate chips is a personal favorite treat of mine to hit my carb and fat numbers. The frozen yogurt ice cream is very low in fat so I can have a huge bowl without taking in that many calories.

Step 4 – The fast

I recommend pushing your first meal until lunchtime to give your body an extended fast. My favorite protocol is to plan my first meal about 5-6 hours after waking. So if I'm up at 9am then I'll eat around 2-3pm.

I then have the rest of the day to consume my calories and macros. This usually means eating another big meal at dinnertime and sometimes some more food before bed.

I drink two cups of black coffee and plenty of water during the fast.

Here's how it looks:

- **Morning** – black coffee and water
- **Lunch** – Big meal of protein, veggies, carbs and added fats
- **Dinner** – Big meal of protein, veggies, carbs and added fats
- **Snack** – Cottage cheese and fruit or frozen yogurt ice cream

Step 5 – Low calorie days

I recommend dropping the calories down one day per week to ensure you stay lean throughout the Superhero Bulking Program. These low calorie days will also keep your body sensitive and responsive for when you shift back into your higher calorie days.

You want to drop the calories by about 600. So you'd go from eating 300 calories over maintenance to about 300 calories under maintenance.

I recommend leaving your protein intake unchanged, cutting back on the carbs significantly and reducing the fat intake slightly.

You could cut out carbs for one of your meals (lunch or dinner) and go with leaner cuts of meat on that day – chicken, tilapia, or egg whites...

This will dip your body into fat burning mode and make staying lean while bulking absolutely effortless.

You want to make sure to do this low calorie day on a rest day. On training days you want to provide your body with plenty of calories and nutrition. If you gain fat easily, you may want to do two of these low calorie days per week.

Eating Out

There's no reason why you have to cook all of your meals on the superhero-bulking program. You can definitely hit your calories and macros eating out at restaurants.

In fact, many restaurants have all of their nutrition information online. This makes it very easy to eat out while staying on top of your nutrition intake.

I routinely eat out at chipotle among other restaurants. Moreover, when you are used to tracking your calorie and macro intake, it becomes quite easy to make accurate guesses without having to weigh or measure.

So if I find myself in a situation where I don't have the nutrition information, I can simply eye ball it.

Determining Your Calories & Macros

Bodyweight in pounds x 15

Example: 180 lbs x 15 = 2700 calories

Add 300 = 3,000 calories

30% protein = 750 calories (220g of protein approx)

30% fat = 900 calories (100g of fat)

40% carbs = 1200 calories (300g of carbs)

Hitting Your Macros!

Now let's hit these macros and work them into two meals and a small meal. You'll want to split up your daily macros into two bigger meals and one smaller meal.

Lunch = 80g of protein, 120g of carbs, 40g of fat

Dinner = 80g of protein, 120g of carbs, 40g of fat

Snack = 60g of protein, 60g of carbs, 20g of fat

For lunch and dinner you would consume 400g of meat (weighed raw). This is because 100g of meat has roughly 20g of protein.

Depending on the protein source, you will have a certain amount of fat left over. For every 5g of fat that you have left over to hit, you will use 1tsp of butter/oil for cooking or to enhance the meat or carbs.

To hit your carb numbers you can fill up on potatoes, pasta or rice. Think of potatoes or sweet potatoes as 20g of carbs per 100g. To hit 120g of carbs you could consume 600g of potatoes. YUM! Alternatively you could have 120g of carbs from rice or rice pasta.

For your smaller meal, I usually have 2-3 servings of fruit and cottage cheese or an omelet with eggs/egg whites and cheese. Alternatively, you could have a protein smoothie blended with whey/casein protein powder, peanut butter and a couple bananas and a handful of strawberries. Talk about a superhero bulking meal plan!

Notes

This above plan is ideal for someone that likes to go higher in protein and lower in carbs. If you want to keep protein around bodyweight (180g), then you could bump carbs up to 340g.

Instead of having cottage cheese and fruit for your last meal, you could have a big bowl of frozen yogurt ice cream. This is actually my preferred strategy!

I'll go slightly higher in protein for my lunch and dinner and make my final meal a big bowl of frozen yogurt ice cream. I go with frozen yogurt ice cream because it's lower in fat and a lot lower in calories. This allows me to enjoy a very big bowl.

As long as you work this treat into your macros, you will be able to build muscle while staying lean.

So my last meal would be 100g of carbs and 20g of fats from frozen yogurt ice cream and chocolate chips. Don't worry about trying to hit these macros exactly. The calories should be around 580.

As long as I'm around there, I'll be fine.

Superhero Conclusion

That's all she wrote guys!

I have laid out the exact concepts and strategies that it takes to build a Superhero-worthy physique while leaving out the Broscience, the dogma and the unessential.

Simplicity at it's best.

Follow the course, put everything into motion and you will begin making consistent weekly improvement. Over the course of several weeks, this will translate into a bigger, harder and much more developed physique.

But you must not get side tracked. You must put on the blinders and focus your attention where it should be, on the present moment. Strive to improve slightly each and every workout. Forget about the end destination and simply enjoy the journey.

If someone asked me, *“Greg, what is the key to building an amazing physique?”*

...It would be this: **consistent weekly improvement.** That is all. You need to better yourself each and every week in a way that is rewarding and enjoyable.

This is the only way to ensure long-term gains. So revel in the small victories, in setting personal records and staying on top of your nutrition. We are shaping you into a well-rounded man that effortlessly makes gains and effortlessly stays shredded.

Once you have engrained the Superhero skill set - of handling your workouts and your nutrition - you will be on your way to Superhero status. Once you complete the 8-month superhero journey, you will have made some of the most incredible gains of your life.

But you will no longer be a slave to the gym, to the kitchen and to the supplement store.

You will finally be liberated.

Nothing has to get in the way to building the superhero physique.

Friends and coworkers will take notice and most of them won't have any explanation for it.

They'll believe you're naturally gifted or you have superior genetics.

But some of them, the ones that are open-minded, well, they'll just have to ask.

And it's up to you to teach them.

...To show them the way of training and nutrition to support a great physique and a great life.

And they will thank you immensely for it.

To YOUR Superhero Physique,

Greg O'Gallagher

